

STATE MEET RECORD INFORMATION

Corrected and updated May 20, 2019

Performances recorded in tenths or an "h" are hand-timed rounded to the next nearest tenth per timing regulations.

Those performances in hundredths are FAT, which began in 1978.

State Meet Records & Class Records are those established at the State Meet and only in meters.

An All-Time Best can be established in any sanctioned meet by the IHSAA or the NFHS

100 METER DASH

Iowa State Meet Record: 10.5h, Treye Jackson, Newton, 1981 prelims

Iowa All-time Best: 10.1h, Adam Haluska, Carroll, 2002; FAT - 10.53, Isaiah Trousil, West Burlington/Notre Dame, 2017

Class 4-A Record: 10.5h, Treye Jackson, Newton, 1981 prelims

Class 3-A Record: 10.74, Isaiah Trousil, West Burlington/Notre Dame, 2017

Class 2-A Record: 10.58, Tanner Iske, West Liberty, 2018

Class 1-A Record: 10.84, Jeff Adam, Cardinal, Eldon, 1996

200 METER DASH

Iowa State Meet Record: 21.16, James Harrington, Cedar Falls, 2011

Iowa All-time Best: 20.8h, Tim Dwight, Iowa City, City, 1994; FAT - 21.16, James Harrington, Cedar Falls, 2011

Class 4-A Record: 21.16, James Harrington, Cedar Falls, 2011

Class 3-A Record: 21.22, Isaiah Trousil, West Burlington/Notre Dame, 2017

Class 2-A Record: 21.33, Isaiah Trousil, West Burlington/Notre Dame, 2016

Class 1-A Record: 21.80, Lee Elbert, Bishop Garrigan, Algona, 2003

400 METER DASH

Iowa State Meet Record: 46.99, Darien Porter, Bettendorf, 2019

Iowa All-time Best: 46.99, Darien Porter, Bettendorf, 2019

Class 4-A Record: 46.99, Darien Porter, Bettendorf, 2019

Class 3-A Record: 48.11, Greg Offerman, Charles City, 2005

Class 2-A Record: 47.43, Ryan Kedley, North Cedar, Stanwood, 2000

Class 1-A Record: 48.32, Jordan Cornilsen, Preston-East Central, 2007

800 METER RUN

Iowa State Meet Record: 1:50.30, Ryan Schweizer, Dowling Catholic, WDM, 2016

Iowa All-time Best: 1:50.18, Aaron Stockstell, Mid-Prairie, 2007

Class 4-A Record: 1:50.30, Ryan Schweizer, Dowling Catholic, WDM, 2016

Class 3-A Record: 1:53.74, Isaac Wendland, Charles City, 2008

Class 2-A Record: 1:51.17, Aaron Stockstell, Mid-Prairie, Wellman, 2008

Class 1-A Record: 1:52.10, Riley Bauer, North Union, 2018

1,600 METER RUN

Iowa State Meet Record: 4:06.32, Josh Evans, Linn-Mar, Marion, 2014

Iowa All-time Best: 4:06.32, Josh Evans, Linn-Mar, Marion, 2014

Class 4-A Record: 4:06.32, Josh Evans, Linn-Mar, Marion, 2014

Class 3-A Record: 4:09.67, Thomas Pollard, Gilbert, 2015

Class 2-A Record: 4:16.99, Lance Elliott, Montezuma, 1989

Class 1-A Record: 4:13.78, Gable Sieperda, Central Lyon, 2018

3,200 METER RUN

Iowa State Meet Record: 8:50.43, Thomas Pollard, Gilbert, 2014

Iowa All-time Best: 8:50.43, Thomas Pollard, Gilbert, 2014

Class 4-A Record: 9:00.97, Josh Evans, Linn-Mar, Marion 2014

Class 3-A Record: 8:50.43, Thomas Pollard, Gilbert, 2014

Class 2-A Record: 9:11.3, Reece Smith, Garner-Hayfield-Ventura, 2019

Class 1-A Record: 9:09.60, Gable Sieperda, Central Lyon, 2018

110-METER HIGH HURDLES

Iowa State Meet Record: 13.91, Joah Banks, Prairie, Cedar Rapids, 2017 (p)

Iowa All-time Best: 13.85, Riley Moss, Ankeny Centennial 2018; 13.8h by Bill Betterton, Carlisle, 1992; 13.6h (y) Randy Elliott, Charles City, 1974
Class 4-A Record: 13.91, Joah Banks Prairie, Cedar Rapids, 2017 (p)
Class 3-A Record: 14.03, Connor Ham, Solon, 2014 (p) & 2015 (p)
Class 2-A Record: 14.1h Matt Zuber, Iowa Valley, Marengo, 1985
Class 1-A Record: 14.41, Cory Woods, Treynor, 1997

400-METER HURDLES

Iowa State Meet Record: 50.96, Dustin Avey, Ames, 1996
Iowa All-time Best: 50.96, Dustin Avey, Ames, 1996
Class 4-A Record: 50.96, Dustin Avey, Ames, 1996 (low hurdle height)
Class 3-A Record: 51.35, Greg Offerman, Charles City, 2005 (low hurdle height)
Class 2-A Record: 51.62, Brent MacLagan, Jefferson-Scranton, 1995 (low hurdle height)
Class 1-A Record: 52.85, Nick Efkamp, Madrid, 2011 (low hurdle height)

4 x 100 METER RELAY

Iowa State Meet Record: 41.68, Valley, West Des Moines (Creighton Mitchell, Matt Mahoney, Ryan Neu, Jon Shaner), 2019
Iowa All-time Best: 41.33, Iowa City, City (Dan McMahon, Jason Ringena, Mike Richards, Merrill Coleman), 6-16-96, Raleigh, NC
Class 4-A Record: 41.68, Valley, West Des Moines (Creighton Mitchell, Matt Mahoney, Ryan Neu, Jon Shaner), 2019
Class 3-A Record: 42.18, Xavier, Cedar Rapids (Derek Kramer, Derek Wollner, Corey Reed, Bryce Colston), 2008
Class 2-A Record: 42.44, West Burlington/N Dame (Timmy Williams, Brant Wrede, Isaiah Trousil, Xavior Williams) 2015 (p)
Class 1-A Record: 43.01, Lisbon (Marquis Stephens, Nick Dains, Matt Murphy, Derek Stephens), 2003 prelims

4 x 200 METER RELAY (*Chute start listed if faster*)

Iowa State Meet Record: 1:26.17, Valley, West Des Moines (Jon Shaner, JJ Gass, Ryan Neu, Jake Keller), 2019
Iowa All-time Best: 1:26.17, Valley, West Des Moines (Jon Shaner, JJ Gass, Ryan Neu, Jake Keller), 2019
Class 4-A Record: 1:26.17, Valley, West Des Moines (Jon Shaner, JJ Gass, Ryan Neu, Jake Keller), 2019
Class 3-A Record: 1:27.87, Sergeant Bluff-Luton (Matthew George, Ryley McGregor, Drew Girres, Brady Wall), 2016
Class 2-A Record: 1:27.14, West Burlington/N. Dame (Xavior Williams, Jacob Smith, Spencer Ferguson, Isaiah Trousil) '16
Class 1-A Record: 1:29.62, Panorama (Justin McDermott, Bob McFadden, Shaun Moylan, Travis Geopfert), 1997

4 x 400 METER RELAY

Iowa State Meet Record: 3:13.80, Valley, WDM (Bryan Collins, Zac Sandvig, Ryan Keairnes, Brandon McSkimming) '06 (p)
Iowa All-time Best: 3:13.80, Valley, WDM (Bryan Collins, Zac Sandvig, Ryan Keairnes, Brandon McSkimming), 2006 (p)
Class 4-A Record: 3:13.80, Valley, WDM (Bryan Collins, Zac Sandvig, Ryan Keairnes, Brandon McSkimming), 2006 (p)
Class 3-A Record: 3:18.24, Bishop Heelan, Sioux City (Preston Ives, Michael Malloy, Nate Berger, Brendan Dougherty) 2009 (p)
Class 2-A Record: 3:18.09, Albia (Tony Leshen, Kyle Sinnott, Jacob Clouse, Avery Moore), 2016
Class 1-A Record: 3:22.13, North Linn, Troy Mills (Ty Sherman, T.D. Holub, Justin Waring, Seth Schuhmacher) 2006

4 x 800 METER RELAY

Iowa State Meet Record: 7:41.43, Ames (Lee Grim, Kuol Chol, Atem Akok, Daniel Chan), 2015
Iowa All-time Best: 7:41.43, Ames (Lee Grim, Kuol Chol, Atem Akok, Daniel Chan), 2015
Class 4-A Record: 7:41.43, Ames (Lee Grim, Kuol Chol, Atem Akok, Daniel Chan), 2015
Class 3-A Record: 7:49.07, Spirit Lake Park (Alec Baldwin, Keith Byers, Kayne Feldick, Will Norris), 2011
Class 2-A Record: 7:50.39, Monticello (Jarrett Easton, Jordan Loes, Derek Manternach, Matt Manternach), 2015
Class 1-A Record: 7:58.63, Pekin (Chandler Eckley, Sam Roth, Isaiah Wittrock, Ryan Millikin), 2017

1,600 METER MEDLEY RELAY

Iowa State Meet Record: 3:24.39. Linn-Mar, Marion (Austin Flieder, Tim Wolfe, Duggan Trenary, Josh Evans), 2014
Iowa All-time Best: 3:22.69, Iowa City, City (Sumaster Newell, Hakim Hill, Calvin Davis, Jeremy Mims), 2001 (June 13-01; Nike Invitational; Raleigh, NC)
Class 4-A Record: 3:24.39. Linn-Mar, Marion (Austin Flieder, Tim Wolfe, Duggan Trenary, Josh Evans), 2014
Class 3-A Record: 3:27.65, Assumption, Davenport (Ben Irmen, Joe Conklin, Mike Craddick, Brett Adams), 2004
Class 2-A Record: 3:26.16, Mid-Prairie, Wellman (Tanner Miller, Cody Bontrager, Lance Silbaugh, Aaron Stockstell) 2008
Class 1-A Record: 3:32.40, West Marshall (Brian Karsjens, Bob Kilker, Richard Affeldt, Brian Smith), 1994

4 x 110 METER SHUTTLE HURDLE RELAY (36" hurdles)

Iowa State Meet Record: 57.18, Valley, WDM (Parker Marschal, Urias Gbarjolo, Trajen Thornton, Jayden Williams) 2019

Iowa All-time Best: 57.18, Valley, WDM (Parker Marschal, Urias Gbarjolo, Trajen Thornton, Jayden Williams) 2019

Class 4-A Record: 57.18, Valley, WDM (Parker Marschal, Urias Gbarjolo, Trajen Thornton, Jayden Williams) 2019

Class 3-A Record: 59.63, Sergeant Bluff-Luton (Matthew Hansen, Nate Verros, Max Murphy, Austin Freiberg), 2019

Class 2-A Record: 59.49, Dike-New Hartford (Cade Fuller, Grant Bixby, Ely Sohn, Seth Eden), 2019

Class 1-A Record: 1:00.39, Central Decatur (Anthony Marks, Cauy Spidle, Dakota Reed, Cole Pedersen), 2019

800 Sprint Medley Relay (New Event in 2017)

Iowa State Meet Record: 1:30.92, Bettendorf (Austin Kalar, Carter Bell, Leo Desequeria, Darien Porter), 2019

Iowa All-time Best: 1:30.92, Bettendorf (Austin Kalar, Carter Bell, Leo Desequeria, Darien Porter), 2019

Class 4-A Record: 1:30.92, Bettendorf (Austin Kalar, Carter Bell, Leo Desequeria, Darien Porter), 2019

Class 3-A Record: 1:31.77, Sergeant Bluff-Luton (Zach Shultz, Sam DeMoss, Josh Stangel, Jorma Schwedler) 2019

Class 2-A Record: 1:33.69, Beckman Catholic, Dyersville (Riley Fangman, Joe Vaske, Mark Brown, Evan Wulfekuhle), 2018

Class 1-A Record: 1:33.83, Lynnville-Sully (Sage Zylstra, Nate Stock, Corey McCoy, Tyson Vander Linden), 2018

DISCUS

Iowa State Meet Record: 197-05, Tom Yezek, Northwood-Kensett, 2016

Iowa All-time Best: 207-08, Scott Crowell, Mason City, 1978

Class 4-A Record: 192-06, Nick Brayton, Iowa City West, 2007

Class 3-A Record: 190-10, Tristan Wirfs, Mount Vernon, 2017

Class 2-A Record: 186-02, Allan Walz, Bondurant-Farrar, 1991

Class 1-A Record: 197-05, Tom Yezek, Northwood-Kensett, 2016

SHOT PUT

Iowa State Meet Record: 67-02, Nick Phelps, KP-WC, 2018

Iowa All-time Best: 70-11, Doug Lane, Cedar Rapids, Jefferson, 1968

Class 4-A Record: 65-11.50, Doug Lane, Cedar Rapids, Jefferson, 1968

Class 3-A Record: 64-07.75, Drew Clark, Marion, 2009

Class 2-A Record: 67-02, Nick Phelps, KP-WC, 2018

Class 1-A Record: 60-10.25, Bob Feuerbach, Preston, 1975

HIGH JUMP

Iowa State Meet Record: 7-03.5, Brian Tietjens, North Central, Manly, 1981

Iowa All-time Best: 7-03.5, Brian Tietjens, North Central, Manly, 1981

Class 4-A Record: 7-0, Andy Kohler, Ames, 1999

Class 3-A Record: 6-11, Colten Kelly, Anamosa, 2008

Class 2-A Record: 7-03.5, Brian Tietjens, North Central, Manly, 1981

Class 1-A Record: 6-11, Ehi Oamen, Hinton, 2006

LONG JUMP

Iowa State Meet Record: 24-03, Matt Zuber, Iowa Valley, Marengo, 1985

Iowa All-time Best: 24-09.50, Chris Walker, Davenport, Central, 1984 (Golden West Invit'l; Sacramento, CA, 1984)

Class 4-A Record: 24-01, Jerry Westerfield, Davenport, North, 2012 and Chris Walker, Davenport, Central, 1983

Class 3-A Record: 23-04.25, Chandler Diercks, Clear Lake, 2014

Class 2-A Record: 24-03, Matt Zuber, Iowa Valley, Marengo, 1985

Class 1-A Record: 23-02.50, Nick Efkamp, Madrid, 2011

STATE MEET WHEELCHAIR EVENT RECORDS

(Started in 1990 unless otherwise noted)

100 METERS

State Meet Record: 17.70, Evan Correll, Waukee, 2019

Iowa All-Time Best: 17.11, Jon Litzkow, Waterloo, West, 2013

200 METERS

State Meet Record: 31.01, Jon Litzkow, Waterloo, West, 2013

Iowa All-Time Best: 30.52, Jon Litzkow, Waterloo, West, 2013

400 METERS – Started in 2003

State Meet Record: 56.57, Jon Litzkow, Waterloo, West, 2013

Iowa All-Time Best: 56.57, Jon Litzkow, Waterloo, West, 2013

800 METERS (1990-2002; resumed in 2019)

State Meet Record: 2:06.79, E. J. Runyan, Johnston, 1999

Iowa All-Time Best: 2:06.79, E. J. Runyan, Johnston, 1999

Shot Put

State Meet Record: 40-05.50, Alex Gudenkauf, Dubuque Senior, 2013

Iowa All-Time Best: 41-02, Alex Gudenkauf, Dubuque Senior, 2013

STATE MEET RECORDS of DISCONTINUED EVENTS

HAMMER THROW (1906-1910)

State Meet Record: 164-05, George Weis, 1909

Iowa All-Time Best: 164-05, George Weis, Marion, 1909

JAVELIN (1927-1941)

State Meet Record: 195-08.25, Bruce Erickson, Traer, 1939

Iowa All-Time Best: 195-08.25, Bruce Erickson, Traer, 1939

FOOTBALL THROW (1942-1963)

State Meet Record: (Point System) 350, Mickie Miller, Cherokee & Gerald Dawson, Sigourney, 1942 (Miller in throw-off)
(Distance Record) 259-05, Stanley Whitman, Iowa Falls, 1963

Iowa All-Time Best: 266-05, Gary Eggers, Audubon, 1963

Class 4-A Record: 244-08, Steve Soesbe, Ames, 1963

Class 3-A Record: 259-05, Stanley Whitman, Iowa Falls, 1963

Class 2-A Record: 238-09.5, Glen Banks, Ainsworth, 1963

Class 1-A Record: 248-00.5, Roger Larson, Underwood, 1963

POLE VAULT (1906-1989)

State Meet Record: 15-06.5, Preston Schmidt, Bettendorf, 1983

Iowa All-Time Best: 15-06.5, Preston Schmidt, Bettendorf, 1983 (Schmidt vaulted 16-06.5, indoors in 1984)

Class 4-A Record: 15-06.5, Preston Schmidt, Bettendorf, 1983

Class 3-A Record: 15-00.5, Tom Pratt, Cherokee, Washington, 1976

Class 2-A Record: 14-02, Doug Atwood, Pekin, Packwood, 1984

Class 1-A Record: 13-11.5, Darrell Crawford, Lamoni, 1976

100 YARD DASH (1906-77)

State Meet Record: 9.5, Clyde Duncan, Des Moines North, 1964; James Kirby, Des Moines, North, 1967

Iowa All-Time Best: 9.3 by Clyde Duncan, Des Moines North, 1964

Class 4-A Record: 9.5, Clyde Duncan, Des Moines North, 1964; James Kirby, Des Moines, North, 1967

Class 3-A Record: 9.9, Ron Davis, Perry, 1965; Jerry Lenz, Cherokee, 1966; Steve Wolpert, West Monona, 1970; Mike Shaw, Nevada, 1975 (p)

Class 2-A Record: 9.9, Jack Bintz, Sutherland, 1964; Ron Miller, English Valleys, 1965; Warren Johnson, West Lyon, 1967; Dave Harskamp, Sioux Center, 1968

Class 1-A Record: 9.7, Jim Cave, Dexfield, Redfield, 1964

220 YARD DASH (1906-1977 one turn)

State Meet Record: 21.4, James Kirby, Des Moines, North, 1966; Dick Eisenlauer, Des Moines, East, 1971

Iowa All-Time Best: 20.9 Tom Jennings, Marshalltown, 1955

Class 4-A Record: 21.4, James Kirby, Des Moines, North, 1966; Dick Eisenlauer, Des Moines, East, 1971

Class 3-A Record: 21.7, Mike Shaw, Nevada, 1976

Class 2-A Record: 22.1, Steve Hodges, Laurens, 1966

Class 1-A Record: 22.2, Bruce McDonald, Scranton, 1964; Vic Lochman, Alden, 1976

440 YARD DASH (1906-1977)

State Meet Record: 48.0, Roger Colglazier, Davenport, Central, 1967; Chuck Curtis, Clinton, 1970

Iowa All-Time Best: 47.9, Roger Colglazier, Davenport, Central, 1968

Class 4-A Record: 48.0, Roger Colglazier, Davenport, Central, 1967; Chuck Curtis, Clinton, 1970

Class 3-A Record: 49.0, Tom Dovel, Red Oak, 1973; Mike Norton, Anamosa, 1976

Class 2-A Record: 49.0, Gary Hollingsworth, English Valleys, 1960

Class 1-A Record: 49.7, John Pollock, Havelock-Plover, 1965

880 YARD RUN (1906-1977)

State Meet Record: 1:52.1, David Korir, Cedar Rapids, Washington, 1975

Iowa All-Time Best: 1:50.0, David Korir, Cedar Rapids, Washington, 1975

Class 4-A Record: 1:52.1, David Korir, Cedar Rapids, Washington, 1975

Class 3-A Record: 1:55.2, Jim McGuire, Centerville, 1976

Class 2-A Record: 1:55.4, Mike Elliott, West Branch, 1977

Class 1-A Record: 1:57.2, Tom Christensen, Ventura, 1975

MILE RUN (1906-1977)

State Meet Record: 4:13.8, Joe Burke, Columbus Catholic, Waterloo, 1975

Iowa All-Time Best: 4:04.38, Josh Evans, Linn-Mar, Marion, 2014

Class 4-A Record: 4:13.8, Joe Burke, Columbus Catholic, Waterloo, 1975

Class 3-A Record: 4:18.6, Dennis Modracek, Prairie, Cedar Rapids, 1967

Class 2-A Record: 4:20.1, Dennis Reed, Anita, 1964; Rex Karamitros, Newman Catholic, Mason City, 1977

Class 1-A Record: 4:21.0, Jerome Howe, Treynor, 1967

2 MILE RUN (1968-1977)

State Meet Record: 8:58.8, Jim Eicken, Davenport, Central, 1974

Iowa All-Time Best: 8:52.0, Jim Eicken, Davenport, Central, 1975

Class 4-A Record: 8:58.8, Jim Eicken, Davenport, Central, 1974

Class 3-A Record: 9:20.3, Mike Cregen, Clarinda, 1974

Class 2-A Record: 9:36.3, Jim Hansen, Dike, 1976

Class 1-A Record: 9:36.8, Mark Hughes, Delwood, Elwood, 1974

120-YARD HIGH HURDLES (1906-1977)

State Meet Record: 14.0, Greg Rumples, Urbandale, 1974

Iowa All-Time Best: 13.6, Randy Elliott, Charles City, 1977

Class 4-A Record: 14.0, Greg Rumples, Urbandale, 1974

Class 3-A Record: 14.2, Steve Casey, Cherokee, Washington 1971

Class 2-A Record: 14.5, LeRoy McCuen, Corning, 1977

Class 1-A Record: 14.5, Ross Thiedeman, Ar-We-Va, 1977

220-YARD LOW HURDLES (1906-1934)

State Meet Record: 24.1, Francis Layden, Davenport, 1931

Iowa All-Time Best: 24.1, Francis Layden, Davenport, 1931

200-YARD LOW HURDLES (1935-1950)

State Meet Record: 22.4, Bob Morris, Clarion, 1940

Iowa All-Time Best: 22.4, Bob Morris, Clarion, 1940

Class A Record: 22.7 Dean Duel, Cherokee, 1948

Class B Record: 23.6, Arden Heisdorffer, Keota, 1949

180-YARD LOW HURDLES (1951-1977 one turn)

State Meet Record: 19.4, Randy Elliott, Charles City, 1977

Iowa All-Time Best: 18.8, Dan Wierson, Ames, 1972

Class 4-A Record: 19.4, Randy Elliott, Charles City, 1977

Class 3-A Record: 19.6, Chris Nady, Nevada, 1977

Class 2-A Record: 19.6, LeRoy McCuen, Corning, 1977

Class 1-A Record: 19.9, Ross Thiedeman, Ar-We-Va, Westside, 1977

165-METER LOW HURDLES (1978)

State Meet Record & Iowa All-Time Best: 20.3, Jon Hutch, Clinton, 1978

440-YARD RELAY (1935-1977)

State Meet Record: 42.2, Des Moines, Tech (Mike Anderson, Nate Butts, Willis Humphry, Ricardo, Duncan), 1975 (p)

Iowa All-Time Best: 42.2, Des Moines, Tech (Mike Anderson, Nate Butts, Willis Humphry, Ricardo, Duncan), 1975 (p)

Class 4-A Record: 42.2, Des Moines, Tech (Mike Anderson, Nate Butts, Willis Humphry, Ricardo, Duncan), 1975 (p)

Class 3-A Record: 43.7, Glenwood (Dick Keith, Pando Markuly, Kent Asmussen, Kenny Hunter), 1966 (p); Storm Lake (Alan Bowles, Art Lande, Jim Jorgensen, Gene Lyster), 1967; West Monona (Bob Bisbee, Dave Brink, Steve Wolpert, Jack Comfort), 1969

Class 2-A Record: 43.8, Maurice-Orange City (Darwin Vermaat, David Woodward, Garry Brumels, Dan DeKoter), 1973 (p)

Class 1-A Record: 44.1, Terril (Dan Opoien, Bill Gerdeman, Mike Cranston, Steve Olson), 1973 (p)

880-YARD RELAY (1906-1977)

State Meet Record: 1:27.9, Cedar Rapids, Washington (Varrick Wilson, David Facien, C.C. Moore, Vernon Brown), 1977

Iowa All-Time Best: 1:27.9, Cedar Rapids, Washington (Varrick Wilson, David Facien, C.C. Moore, Vernon Brown), 1977

Class 4-A Record: 1:27.9, Cedar Rapids, Washington (Varrick Wilson, David Facien, C.C. Moore, Vernon Brown), 1977

Class 3-A Record: 1:29.8, Eagle Grove (Gerald Page, Dave Stockdale, Mike Asche, Mike Koepke), 1973 (p); Nevada (Mike Leeper, Earl Stoeffler, Marc Andresen, Mike Shaw), 1975 (p)

Class 2-A Record: 1:31.2, Maurice-Orange City (Gary Brumels, David Woodward, Doug DeHaan, Dan DeKoter), 1973 (p)

Class 1-A Record: 1:31.1, Terril (Dan Opoien, Bill Gerdeman, Mike Cranston, Steve Olson), 1973 (p)

MILE RELAY (1906-1977)

State Meet Record: 3:17.7, Indianola (Dick Fromm, Steve Patrick, Jim Crawford, Phil Kuehl), 1970

Iowa All-Time Best: 3:17.7, Indianola (Dick Fromm, Steve Patrick, Jim Crawford, Phil Kuehl), 1970

Class 4-A Record: 3:17.7, Indianola (Dick Fromm, Steve Patrick, Jim Crawford, Phil Kuehl), 1970

Class 3-A Record: 3:23.4, Cherokee, Washington (Byron Reed, Jon Hantsbarger, Tom Graves, Don Woods), 1967

Class 2-A Record: 3:27.3, Manson (Tom Sigler, Del Rost, Jim Walstrom, John Walstrom), 1966

Class 1-A Record: 3:27.2, Hamburg (Tom Arzana, Charles Dovel, Joe Livengood, Jeff Barrett), 1977

2-MILE RELAY (1935-1977)

State Meet Record: 7:47.0, Davenport, West (Jeff Werthmann, Mike Oberhaus, Ken Buesing, Ricci Washburn) 1977

Iowa All-Time Best: 7:47.0, Davenport, West (Jeff Werthmann, Mike Oberhaus, Ken Buesing, Ricci Washburn) 1977

Class 4-A Record: 7:47.0, Davenport, West (Jeff Werthmann, Mike Oberhaus, Ken Buesing, Ricci Washburn) 1977

Class 3-A Record: 8:01.4, Lewis Central (Andy Everson, Ed Croson, Don Woods, Boyd Nansel), 1974

Class 2-A Record: 8:05.6, Britt (Dave Zrostilk, Dave Howlett, Jim Dummett, Doug Pooch), 1974

Class 1-A Record: 8:09.9, Hamburg (Ray Aranza, Tom Alstrope, Mark Fletcher, Jay Kirby), 1973

MILE MEDLEY RELAY (1935-1977)

State Meet Record: 3:27.0, Cedar Rapids, Washington (Tim Lodwick, Jim Nissen, Ken Hopkins, David Korir), 1975

Iowa All-Time Best: 3:27.0, Cedar Rapids, Washington (Tim Lodwick, Jim Nissen, Ken Hopkins, David Korir), 1975

Class 4-A Record: 3:27.0, Cedar Rapids, Washington (Tim Lodwick, Jim Nissen, Ken Hopkins, David Korir), 1975

Class 3-A Record: 3:32.5, Anamosa (Bill Burhans, Tom Michels, Mike Norton, Kevin Burke), 1975

Class 2-A Record: 3:34.0, Greene (Byron Davis, John Van Eschen, Rich Allison, Brian Frevert), 1975

Class 1-A Record: 3:36.9, Meriden-Cleghorn (Brian Ruppi, Jerry Biezuns, Mike Hurd, Pete Stevenson), 1975

4 x 110 METER SHUTTLE HURDLE RELAY (30" hurdles – 2007, 2008)

Iowa State Meet Record: 56.15, Iowa City West (Aaron Martin, Peter Dolan, Leonard Sula, Dan Davis), 2008

Iowa All-time Best: 56.15, Iowa City West (Aaron Martin, Peter Dolan, Leonard Sula, Dan Davis), 2008

Class 4-A Record: 56.15, Iowa City West (Aaron Martin, Peter Dolan, Leonard Sula, Dan Davis), 2008

Class 3-A Record: 57.30, Atlantic (John Cord, JD Reason, Alex Schelling, Jordan Mullen), 2008

Class 2-A Record: 57.09, Hudson (Matt Finn, Tanner Wright, Jeff Dunwald, Channing Puls), 2008

Class 1-A Record: 58.15, WACO, Wayland (Doug McIntyre, Tad Morrow, Chase Roth, Austin McBeth), 2008

4 x 110 METER SHUTTLE HURDLE RELAY (33" hurdles in 2009; New Event in 2019 with 36" hurdles)

Iowa State Meet Record: 55.78, Waukee (Josh Brdicko, Kalen Renshaw, Scott Stanley, Jared Brdicko), 2014

Iowa All-time Best: 55.68, Linn-Mar, Marion (Daniel Gorsich, Nick House, Gavren Dochterman, Zeal Baker), 2016

Class 4-A Record: 55.78, Waukee (Josh Brdicko, Kalen Renshaw, Scott Stanley, Jared Brdicko), 2014

Class 3-A Record: 56.74, Waverly-Shell Rock (Cole Chestnut, Jackson Litterer, Blake Willson, Eric Larson), 2011

Class 2-A Record: 56.99, Sioux Center (Christian Rozeboom, Alex Bakker, Derek Hooyer, Dylan Van't Hof), 2014 (p)

Class 1-A Record: 58.48, Madrid (Nick Novotny, Tanner Adams, CJ Manthe, Jeremy Johnson), 2012 prelims

Wheelchair Discus (1990-2004)

State Meet Record: 85-10, Nick Lange, Wahlert Catholic, Dubuque, 2003

Iowa All-Time Best: 85-10, Nick Lange, Wahlert Catholic, Dubuque, 2003

IHSAA STATE MEET BESTS

Most Team Championships Won by a School

20 – Ames

15 – Davenport, Davenport, Central

11 – Des Moines, East

11 – Iowa City, City

Most Team Championships Won by a Coach

10 – John Raffensperger, Iowa City, City

9 – John Sletten, Ames

9 – Mike Augustine, Des Moines, East

8 – Hi Covey, Ames

7 – Ira Dunsworth, Davenport; Davenport Central

6 – Charles Chase, Des Moines, West

6 – Bob Lee, Northern University High

5 – Randy Hinkel, Madrid

5 – Jesse Day, Davenport

5 – Leo Novak, Cedar Rapids

4 – Bob Sanger, West Hancock

4 – Greg Williams, Monticello

4 – Jim Lyle, Des Moines, North

4 – Wally Harmon, Eagle Grove

4 – Robert Weber, Hamburg

Most Consecutive Team Titles Won by A School

6 - Ames (1986-91); Iowa City, City (1992-97)

5 - Des Moines, West (1910-1914); Cedar Rapids (1921-25)

4 - Ames (1955-58); Hamburg (1974-77)

Most Team Points Scored by a Championship Team

Class 4-A: 89 – Valley, WDM, 2019

Class 3-A: 100.50 – Xavier, Cedar Rapids, 2008

Class 2-A: 107 – West Burlington/Notre Dame, 2015

Class 1-A: 89 – Lisbon, 2017

School with Most Consecutive Relay Victories

10 – Iowa City, City (2000-2002)

Schools with the Most State Meet Event Champions

124 – Ames

114 – Davenport, Davenport Central

97 – Des Moines, East

81 – Iowa City, City

School with Most Individual Running Event Champions

45 – Des Moines East

School with the Most Relay Champions

47 – Ames

School with the Most Field Event Champions

43 – Davenport, Davenport, Central

School Winning Same Event 6 or More Consecutive Years

6 years – Des Moines, North – 100-yard dash & 220-yard dash, 1962-67

School Winning Five Relays, Single Meet (6 max starting in 2007; 7 in 2017)

Davenport (1952) [440-880-Mile-2 Mile-Mile Medley]

Prairie, Gowrie (1968) [440-880-Mile-2 Mile-Mile Medley]

Iowa City, City High (2001) [4x100, 4x200, 4x400, 4x800, 1,600 Meter Medley]

Four Event Individual Champions, Single State Meet

1907 – *Carl Harris, Des Moines West* (100, 220, 440 and Long Jump)

1926 – *Vane Snorf, Des Moines Roosevelt* (100, High Hurdles, Low Hurdles, Long Jump)

1956 – *Bob Brandt, Denison* (100, 220, Low Hurdles, Long Jump)

1976 – *LeRoy McCuen, Corning* (High Hurdles, Low Hurdles, High Jump, Long Jump)

2002 – *Adam Haluska, Carroll* (100, 200, 400, Long Jump)

2011 – *Nick Efkamp, Madrid* (Long Jump, 400 hurdles, 110-Meter High Hurdles, 100 Meter Dash)

Wheelchair 4 Event Champions, Single State Meet

4 Years, 4 First Each Year

1997, 98, 99, 2000 each – *E.J. Runyan, Johnston* (100, 200, 800, Discus)

4 Event Wins, Same Year

1992 – *Tom Rodruck, Winfield-Mt. Union* (100, 200, 800, Discus)

1996 – *Mark Hauschildt, Nodaway Valley, Greenfield* (100, 200, 800, Discus)

2014 – *Drake Sachsenmaier, Camanche* (100-200-400-Shot Put)

School Winning Same Relay, 5 Consecutive Years

Lake City – Mile Relay (1950-51-52-53-54)

Hamburg – Mile Relay (1973-74-75-76-77)

Albia – 4 x 400 (2013-14-15-16-17)

Individuals, Schools Winning Same Event 4 Consecutive Years (does not include those who won 5)

Randy Thompson, Corwith-Wesley-LuVerne - (100 Meters Dash, 1991-92-93-94)

Nate Smith, West Hancock, Britt - (100 Meter Dash, 1991-92-93-94)

Tim Dwight, Iowa City, City - (200 Meter Dash, 1991-92-93-94)

Rob Brock, Dubuque Senior - (3,200 Meter Run, 1994-95-96-97)

Isaac Wendland, Charles City - (1,600 Meter Run, 2005, 06, 07, 08)

Conner Smock, Lisbon - (3,200 Meter Run, 2009, 10, 11, 12)

Albert City - (Mile Medley Relay, 1952-53-54-55)

Iowa City, City - (4 x 200 Meter Relay, 1994-95-96-97)

St. Edmond, Fort Dodge - (4 x 400 Meter Relay, 2007-08-09-10)

Madrid – (400 Hurdles, 2009-10-11-12)

West Burlington/Notre Dame – (High Jump, 2013-16)

Monticello – (4x800 Meter Relay, 2013-16)

Waukee – (Shuttle Hurdle Relay, 2013-16)

Cedar Falls – (4x400 Meter Relay, 2014-15-16-17)

Wheelchair Individuals Winning Same Event 4 Consecutive Years

E. J. Runyan, Johnston - (Wheelchair 100, 200, 800, & Discus: 1997-98-99-2000)

Schools Winning Four or More Relays in Same State Meet

Won Five Relays

1952 - *Davenport* (440, 880, Mile, 1,600 Meter Medley, Two Mile)

1968 - *Prairie, Gowrie* (440, 880, Mile, 1,600 Meter Medley, Two Mile)

2001 - *Iowa City, City High* (4x100, 4x200, 4x400, 4x800, 1,600 Meter Medley)

Won Four Relays

1951 - *Des Moines, East* (440, 880, Mile, Two Mile)

1957 - *Ames* (440, 880, Mile, Two Mile)

1965 - *Eagle Grove* (880, Mile, Medley, Two Mile)

1966 - *Glenwood* (440, 880, Mile, Mile Medley)

- 1974 - **Davenport, Central** (440, 880, Mile, Mile Medley)
- 1981 - **NUH, Cedar Falls** (800, 1600, 1,600 Meter Medley, 3200)
- 1997 - **Iowa City, City High** (4x100, 4x200, 4x400, 4x800)
- 2000 - **Iowa City, City High** (4x100, 4x200, 4x400, 4x800)
- 2017 - **Lisbon** (4x200, 4x400, 1,600 Meter Medley, 800 Meter Sprint Medley)

ATHLETES WHO WON THREE INDIVIDUAL EVENTS IN A SINGLE STATE MEET

1907	Merle Alderman, Marion	12 lbs Hammer Throw, Shot Put, Discus
1912	Charles Hoyt, Greenfield	100, 220, 120 High Hurdles
1913	Lawrence Dutton, Anamosa	Long Jump, Discus, Pole Vault
1921	Morgan Taylor, Sioux City	120 High Hurdles, 220 Low Hurdles, Long Jump
1924	Frank Cuhel, Cedar Rapids	100, 120 High Hurdles, 220 Lows
1949	Gary Scott, Des Moines, North	100, 220, 440
1951	Les Stevens, Lovilia	180 Lows, 120 High Hurdles, High Jump
1953	Tom Ecker, Waverly	180 Lows, 120 High Hurdles, Long Jump
1953	Bob Ash, Oelwein	220, 440, 880
1954	Tom Burrows, Belle Plaine	100, 220, 440
1954	Ted Harvey, Toledo Juvenile Home	100, 120 High Hurdles, High Jump
1955	Tom Burrows, Belle Plaine	100, 220, 440
1957	Ron Walter, Farragut	180 Lows, 120 High Hurdles, Shot
1961	John Pletcher, Clarion	100, 180 Lows, 120 High Hurdles
1962	Clyde Duncan, Des Moines, North	100, 220, 440
1963	Clyde Duncan, Des Moines, North	100, 220, 440
1963	Harry Alley, Winterset	100, 220, 440
1963	Jon Reimer, George	220, 180 Lows, 120 High Hurdles
1964	Clyde Duncan, Des Moines, North	100, 220, 440
1965	Ron Davis, Perry	100, 220, LH
1966	Jim Kirby, Des Moines, North	100, 220, 440
1966	Jerry Lenz, Cherokee, Washington	100, 220, 440
1974	Greg Capell, Fayette	180 Lows, 120 High Hurdles, Long Jump
1977	Rich Van Pelt, Panorama, Panora	100, 220, 440
1977	LeRoy McCuen, Corning	180 Lows, 110m High Hurdles, Long Jump
1978	Owen Buckley, Sioux City, North	100m, 200m, Pole Vault
1980	Scott Harms, Wellsburg	100m, 200m, 400m
1981	Trey Jackson, Newton	100m, 200m, 400m
1981	Keith Willey, Osage	100m, 200m, 400m
1981	Tim Wilson, Clarke, Osceola	800m, 1600m, 3200m
1985	Matt Zuber, Iowa Valley, Marengo	400m Lows, 110m High Hurdles, Long Jump
1986	Paul Barnhart, Gehlen Catholic, LeMars	800m, 1600m, 3200m
1987	Rob Wise, West Liberty	100m, 200m, 400m
1989	Darwin VandeHoef, Rock Valley	400m Lows, 110m High Hurdles, High Jump
1990	Jamie Leonard, Dallas Center-Grimes	100m, 200m, Long Jump
1991	Bill Betterton, Carlisle	400m, 110m High Hurdles, High Jump
	Enrique Flores, Wapello	200m, 110m High Hurdles, Lows
1992	Tim Dwight, Iowa City, City High	200m, Lows, Long Jump
1993	Randy Thompson, CWL, Corwith	100m, 200m, 400m
1998	Chris McCullough, Pleasantville	200m, 400m, Long Jump
	Mike Pope, West Burlington, Arnold	100m, 200m, 400m
2001	Jason Nolting, Preston-East Central	100m, 200m, 400m
	Adam Haluska, Carroll	100m, 200m, Long Jump
2003	Dylan Davis, ADM, Adel	800m, 1600m, 3200m
	Jordan Crosby, Fort Dodge	110m High Hurdles, 400m Low Hurdles, Long Jump
2004	Jake Berns, MFL, MarMac	800m, 1600m, 3200m
2005	Nick Kuchel, Kingsley-Pierson	110m High Hurdles, 100m, 200m
	Greg Offerman, Charles City	200m, 400m, 400m Low Hurdles
2006	Nick Kuchel, Kingsley-Pierson	110m High Hurdles, 200m, 400m
2008	Aaron Stockstell, Mid-Prairie, Wellman	200m, 400m, 800m

2012	James Harrington, Cedar Falls.....	100m, 200m 400m
2014	Josh Evans, Linn-Mar, Marion.....	800m, 1600m, 3200m
	Derek Harksen, Camanche.....	100m, 200m, 400m
2015	Ryan Schweizer, Dowling Catholic.....	800m, 1600m, 3200m
2016	Ryan Schweizer, Dowling Catholic.....	800m, 1600m, 3200m
	Jalen Rima, Prairie, Cedar Rapids.....	100m, 200m, 400m
2019	Jorma Schwedler, Sergeant Bluff-Luton.....	100m, 200m, 400m

SCHOOLS THAT WON THREE RELAYS IN A SINGLE STATE MEET (4 and 5 above)

1940	Des Moines, East.....	440, 880, Mile
1948	Des Moines, North.....	440, 880, Mile
1955	Des Moines, Roosevelt.....	440, Mile, Mile Medley
1956	Ames.....	440, 880, Mile
1956	Primghar.....	880, Medley, Two Mile
1956	Clarinda.....	Mile, Medley, Two Mile
1959	West Chester.....	440, 880, Mile
1962	Moville.....	Mile, Medley, Two Mile
1963	Dexfield, Redfield.....	440, 880, Mile
1965	Pomeroy.....	880, Mile, Mile Medley
1966	Sioux City, Central.....	440, Medley, Two Mile
1966	Manson.....	440, 880, Mile
1967	Villisca.....	440, 880, Mile
1970	Clear Lake.....	440, 880, Mile
1974	Iowa Falls.....	440, 880, Mile
1974	Britt.....	440, 880, Two Mile
1975	Hamburg.....	880, Mile, Two Mile
1977	Cedar Rapids, Washington.....	440, 880, Mile
1979	Kanawha.....	4x100, 4x200, 4x400
1983	Davenport, Central.....	4x100, 4x200, 1,600 Meter Medley
1984	Marshalltown.....	4x200, 4x400, 1,600 Meter Medley
1986	Maurice-Orange City.....	4x100, 4x200, 4x400
1987	Ames.....	4x100, 4x800, 1600 Meter Medley
	CAL-Dows.....	4x400, 4x800, 1,600 Meter Medley
1989	North Mahaska, New Sharon.....	4x100, 4x200, 1,600 Meter Medley
1990	North Mahaska, New Sharon.....	4x100, 4x200, 1,600 Meter Medley
1991	Ames.....	4x400, 4x800, 1,600 Meter Medley
1994	Iowa City, City High.....	4x200, 4x400, 1,600 Meter Medley
	Cherokee, Washington.....	4x200, 4x400, 1,600 Meter Medley
1996	Garner-Hayfield.....	4x400, 4x800, 1,600 Meter Medley
1997	Panorama, Panora.....	4x100, 4x200, 4x400
1999	Mount Pleasant.....	4x200, 4x400, 1,600 Meter Medley
	Beckman, Dyersville.....	4x200, 4x400, 4x800
2004	Treynor.....	4x100, 4x200, 4x400
2005	Wahlert, Dubuque.....	4x200, 4x800, 1,600 Meter Medley
2007	Beckman, Dyersville.....	4x100, 4x200, Shuttle Hurdle
2009	St. Edmond, Fort Dodge.....	4x200, 4x400, 4x800
2010	Bishop Heelan Catholic, Sioux City.....	4x200, 4x400, 1,600 Meter Medley
2012	Manson Northwest Webster.....	4x100, 4x200, 4x400
2013	Manson Northwest Webster.....	4x100, 4x200, 4x400
2014	Mount Ayr.....	4x800, 1,600 Meter Medley, 4x400
	Waukee.....	Shuttle Hurdle, 4x100, 4x200
2015	Alta-Aurelia.....	4x400, 4x800, 1,600 Meter Medley
2017	Albia.....	4x100, 4x200, 4x400
2018	Pekin.....	4x100, 4x800, 1,600 Meter Medley
	Atlantic.....	4x400, 4x800, 1,600 Meter Medley
2019	Valley, West Des Moines.....	4x100, 4x200, Shuttle Hurdle
	Sergeant Bluff-Luton.....	4x800, 800 Sprint Medley, Shuttle Hurdle

3-Event Wheelchair Winners – Single State Meet

1990	Tony Ramirez, Bishop Heelan, Sioux City	100m, 800m, Discus
1993	John Jeter, Iowa City, West	100m, 200m, 800m
1995	Mark Hauschildt, Greenfield, Nodaway Valley	200m, shot, Discus
2001	Brian Wauters, Marshalltown.....	100m, 200m, 800m
2002	Brian Wauters, Marshalltown.....	100m, 200m, 800m
2003	Brian Wauters, Marshalltown.....	100m, 200m, 400m
2004	Nathan Redlinger, English Valleys	100m, 200m, 400m
2005	Nathan Redlinger, English Valleys	100m, 200m, 400m
2006	Cory Behrendt, Boone	100m, 200m, 400m
2007	Cory Behrendt, Boone	100m, 200m, 400m
2010	Jon Litzkow, Waterloo West	100m, 200m, 400m
2011	Jon Litzkow, Waterloo West	100m, 200m, 400m
2012	Jordan Houdeshell, Linn-Mar.....	100m, 200m, 400m
2013	Jon Litzkow, Waterloo West	100m, 200m, 400m
2015	Jeromie Meyer, Woodbine.....	100m, 200m, 400m
2016	Noah Thomas, Roland-Story	100m, 200m, 400m
2019	Evan Correll, Waukee.....	100m, 200m, 400m

Individuals & School Relay Teams Winning the Same State Event 3 Consecutive Years

Following individuals and schools do include those who won the same event four or five consecutive years

Individual Events

Plato Redfern, Council Bluffs & DM West	Mile Run	1908, 09, 10
Charles Hoyt, Greenfield	100 Yd. Dash	1911, 12, 13
	220 Yd. Dash	1911, 12, 13
Glenn Tenny, Des Moines West.....	Mile Run	1912, 13, 14
Theodore Packer, Marshalltown	120 High Hurdles	1914, 15, 16
Harrison Barnes, Cedar Rapids.....	880 Yd. Run	1919, 20, 21
Hoyer Jensen, Cedar Rapids.....	Mile Run	1919, 20, 21
Orville Madsen, Ames	High Jump	1930, 31, 32
John Graves, Cherokee	880-Yard Run	1932, 33, 34
Bruce Erickson, Traer	Javelin	1937, 38, 39
Joe Paulsen, Davenport	Football Throw	1945, 46, 47
Dean Deuel, Cherokee	Low Hurdles	1946, 47, 48
Larry Strickler, Sigourney	Discus	1959, 60, 61
Joel Harris, Carroll	Shot Put	1961, 62, 63
Clyde Duncan, Des Moines, North	100-Yard Dash	1962, 63, 64
	220-Yard Dash	1962, 63, 64
	440-Yard Dash	1962, 63, 64
Bruce McDonald, Scranton	220-Yard Dash	1962, 63, 64
Tom Tiernan, Allison-Bristow	One Mile Run	1962, 63, 64
Jim Kirby, Des Moines, North	220-Yard Dash	1965, 66, 67
Phil Wertman, Villisca	Pole Vault	1965, 66, 67
Jerome Howe, Treynor	One Mile Run	1966, 67, 68
Doug Lane, Cedar Rapids, Jefferson	Shot Put	1966, 67, 68
Doug Smith, Sioux City, Central	One Mile Run	1966, 67, 68
Tom Dovel, Red Oak	440-Yard Dash	1972, 73, 74
Brent Geringer, Mount Ayr	Shot Put	1972, 73, 74
Mark Hughes, Delwood, Elwood	Two Mile Run	1973, 74, 75
Jeff DeVilder, BGM, Brooklyn	Shot Put	1975, 76, 77
Chuck Locke, Davis County, Bloomfield	Shot Put	1975, 76, 77
Rick McKean, Missouri Valley	One Mile Run	1975, 76, 77
Darrell Crawford, Lamoni	Pole Vault	1976, 77, 78
Chris Nady, Nevada	Low Hurdles	1976, 77, 78
Jeff Nielsen, Britt	100-Meter Dash	1978, 79, 80
Brad Bartelt, West Branch	400-Meter Dash	1982, 83, 84

Chris Walker, Davenport, Central	Long Jump	1982, 83, 84
Darwin VandeHoef, Rock Valley	High Jump	1987, 88, 89
Nate Smith, Britt.....	100 Meters	1991, 92, 93
Phil Hasenkamp, Saint Albert, Co. Bluffs	1600-Meter Run	1991, 92, 93
Aaron Egbert, Mediapolis	400-Meter Run	1992, 93, 94
Tim Dwight, Iowa City, City	Long Jump	1992, 93, 94
Brent MacLagan, Jefferson-Scranton.....	400 Meter Low Hurdles	1993, 94, 95
Cyrus Nichols, Des Moines Roosevelt	110m High Hurdles.....	1997, 98, 99
Pat O'Hea, Wahlert, Dubuque	Wheelchair Shot Put.....	1998, 99, 2000
Adam Haluska, Carroll.....	Long Jump	2000, 01, 02
Dylan Davis, ADM, Adel	3,200 Meter Run.....	2001, 02, 03
1,600 Meter Run.....	2001, 02, 03	
Brian Wauters, Marshalltown.....	Wheelchair 100.....	2001, 02, 03
Brian Wauters, Marshalltown.....	Wheelchair 200.....	2001, 02, 03
Kiel Uhl, Des Moines Roosevelt	3,200 Meter Run.....	2003, 04, 05
Greg Offerman, Charles City	200 Meter Dash	2003, 04, 05
400 Meter Low Hurdles	2003, 04, 05	
Nick Lange, Wahlert, Dubuque.....	Wheelchair Shot Put.....	2003, 04, 05
Nick Kuchel, Kingsley-Pierson.....	110m High Hurdles.....	2004, 05, 06
Matt Banse, Starmont, Arlington.....	Shot Put	2005, 06, 07
Aaron Stockstell, Mid-Prairie, Wellman	400 Meter Dash	2006, 07, 08
	800 Meter Run.....	2006, 07, 08
Isaac Wendland, Charles City	800 Meter Run	2006, 07, 08
Jordan Mullen, Atlantic	110m High Hurdles.....	2007, 08, 09
Kenny Gilmore, Davenport Central.....	Long Jump	2009, 10, 11
Nick Efkamp, Madrid.....	400 Meter Hurdles	2009, 10, 11
Kyle Dunn, Linn-Mar, Marion.....	400 Meter Low Hurdles.....	2009, 10, 11
James Harrington, Cedar Falls	200 Meter Dash	2010, 11, 12
Alex Gudenkauf, Dubuque. Senior	Wheelchair Shot Put.....	2011, 12, 13
Jeff Giannettino, West Burlington/Notre Dame.....	High Jump.....	2013, 14, 15
Chandler Diercks, Clear Lake.....	Long Jump	2013, 14, 15
Connor Ham, Solon	110-Meter-High Hurdles.....	2013, 14, 15
Kyle Dolecheck, Mount Ayr.....	800 Meter Run	2014, 15, 16
Cole Moeller, Calamus-Wheatland	High Jump.....	2015, 16, 17
Isaiah Trousil, West Burlington/Notre	100 Meter Dash	2015, 16, 17
	200 Meter Dash.....	2015, 16, 17
Tristan Wirfs, Mount Vernon	Discus.....	2015, 16, 17
Myles Bach, Marion & Center Point-Urbana.....	3,200.....	2016, 17, 18
Nick Phelps	Discus.....	2016, 17, 18

Relay Events (does not include schools who won four or five straight)

Cedar Rapids.....	880-Yard.....	1921, 22, 23
Cedar Rapids.....	One Mile	1921, 22, 23
Des Moines, North	880-Yard	1934, 35, 36
Des Moines, East	880-Yard	1938, 39, 40
Des Moines, Roosevelt.....	One Mile	1944, 45, 46
Albert City	Two Mile	1952, 53, 54
Valley, West Des Moines	440-Yard	1953, 54, 55
Ames	880-Yard.....	1955, 56, 57
Ames.....	440-Yard	1956, 57, 58
Ames	One Mile	1956, 57, 58
Davenport, Central	One Mile.....	1966, 67, 68
Indianola.....	One Mile	1969, 70, 71
Eagle Grove.....	Mile Medley	1970, 71, 72
Hamburg	Two Mile.....	1973, 74, 75
NUH, Cedar Falls.....	800-Meter	1980, 81, 82
Saint Albert, Council Bluffs	400-Meter	1982, 83, 84

Woodbine	4 x 800	1988, 89, 90
North Mahaska, New Sharon.....	4 x 200	1989, 90, 91
Davenport, Central.....	4 x 100	1992, 93, 94
Mediapolis.....	4 x 100	1992, 93, 94
Gehlen Catholic, LeMars	4 x 200	1993, 94, 95
Beckman, Dyersville	4 x 200	1997, 98, 99
West Lyon, Inwood	4 x 100	1998, 99, 2000
Iowa City, City High	4 x 400	1999, 2000, 01
Iowa City, City High	4 x 200	2000, 01, 02
Tipton.....	4 x 800	2000, 01, 02
Ankeny.....	4 x 400.....	2002, 03, 04
Beckman, Dyersville	4 x 200	2005, 06, 07
Valley, WDM.....	4 x 400	2005, 06, 07
Charles City	1,600 Meter Medley	2006, 07, 08
Mid-Prairie, Wellman	1,600 Meter Medley	2006, 07, 08
West Marshall	4 x 200	2010, 11, 12
Dowling Catholic	1,600 Meter Medley	2015, 16, 17
Carlisle	Shuttle Hurdle Relay.....	2016, 17, 18
Central Decatur.....	Shuttle Hurdle.....	2017, 18, 19

Most Individual State Event Championships in a Career

- 9 – Clyde Duncan, Des Moines, North (1962-64)**
(100, 220, 440 in 1962-63-64)
- 8 – Tim Dwight, Iowa City, City (1991-94)**
(200 in 1991; 200, 400 H, LJ in 1992, 200, LJ in 1993; 200, LJ in 1994)
- 8 – LeRoy McCuen, Corning (1975-77)**
(HJ in 1975; 120 HH, 180 LH, HJ, LJ in 1976; HH, LH, LJ in 1977)
- 8 – Adam Haluska, Carroll (2000-2002)**
(LJ in 2000; 100, 200, LJ in 2001; 100, 200, 400, LJ in 2002)
- 7 – Conner Smock, Lisbon (2009-12)**
(3,200 Meter Run, 2009, 10, 11, 12; 1,600 Meter Run 2009, 10, 12)
- 7 – Aaron Stockstell, Mid-Prairie, Wellman (2005-08)**
(400 in 2006, 07, 08; 800 in 2006, 07, 08; 200 in 2008)
- 7 – Isaac Wendland, Charles City (2005-08)**
(1,600 in 2005, 06, 07, 08; 800 in 2006, 07, 08)
- 7 – Nick Kuchel, Kingsley-Pierson (2004-06)**
(110 M HH, 2004, 05, 06; 100m – 2005; 200m – 2005, 2006; 400m - 2006)
- 7 – Randy Thompson, Corwith-Wesley-LuVerne (1991-94)**
(100 in 1991; 100, 200 in 1992; 100, 200, 400 in 1993; 100 in 1994)
- 7 – Greg Offerman, Charles City (2002-05)**
(400H in 2003, 04, 05; 200 meters in 2003, 04, 05; 400 meters in 2005)
- 7 – Dylan Davis, ADM, Adel (2000-03)**
(3,200 meters in 2001, 02, 03; 1,600 meters in 2001, 02, 03; 800 meters in 2003)
- 7 – Charles Hoyt, Greenfield (1911-13)**
(100, 220 in 1911, 12, 13; 120 HH in 1912)
- 6 – Isaiah Trousil, West Burlington/Notre Dame (2015-17)**
(100 Meter Dash, 2015-16-17; 200 Meter Dash, 2015-16-17)
- 6 – Ryan Schweizer, Dowling Catholic, WDM (2014-16)**
(800 – 2015, 16; 1,600 – 2015, 16; 3,200 – 2015, 16)
- 6 – James Harrington, Cedar Falls (2010-12)**
(100 in 2011, 12; 200 in 2010, 11, 12; 400 in 2012)
- 6 – Nick Efkamp, Madrid (2009-11)**
(400 H in 2009, 10; 100, 110 M HH, 400 H, LJ in 2011)
- 6 – Tom Burrows, Belle Plaine (1953-55)**
(100, 220, 440 – 1954; 100, 200, 440 - 1955)

6 – Bob Brandt, Denison (1954-56)

(180 LH, LJ in 1955; 100, 220, 180 LH, LJ in 1956)

6 – James Kirby, Des Moines, North (1965-67)

(100 – 1966, 1967; 220 in 1965, 66, 67; and 440 in 1966)

6 – Darwin Vande Hoef, Rock Valley (1987-89)

(HJ in 1987, 88, 89; 110 m High Hurdles 1988, 89; 400 m Hurdles in 1989)

6 – Rob Brock, Dubuque Senior (1994-97)

(1,600 meters in 1996; 800 meters in 1997; 3,200 meters in 1994-95-96-97)

Most Career Wheelchair State Event Championships

16 – E.J. Runyan, Johnston (1997-2000)

(100, 200, 800, Discus 1997-98-99-2000 each)

9 – Jon Litzkow, Waterloo West (2010-11)

(100, 200, 400 each in 2010, 2011, 2013)

9 – Brian Wauters, Marshalltown (2001-2003)

(100 meters and 200 meters, in 2001, 02, 03; 800 in 2001, 02; 400 meters in 2003)

7 – Mark Hauschildt, Nodaway Valley, Greenfield (1994-96)

(SP, Discus, 200 in 1995; 100, 200, 800, Discus in 1996)

6 – Tom Rudruck, Winfield-Mt. Union (1991-92)

(Discus, 800 in 1991; 100, 200, 800, Discus in 1992)

6 – Nathan Redlinger, English Valleys, North English

(100-200-400 meters in 2004, 05)

6 – Cory Behrendt, Boone

(100-200-400 meters in 2006, 07)

Most State Event Championships in a Career

(8 or more; includes Relay Events)

12 – Tim Dwight, Iowa City, City (1991-94)

(200 – 1991, 92, 93, 94; LJ – 1992, 93, 94; 400 H – 1992; 4x200 – 1991, 94; 4x400 – 1993, 94)

11 – Aaron Stockstell, Mid-Prairie, Wellman (2005-08)

(400 in 2006, 07, 08; 800 in 2006, 07, 08; 200 in 2008; 1,600 M Medley Relay 2006, 2007, 2008; 4x400 Relay 2005)

11 – Isaac Wendland, Charles City (2005-08)

(1,600 in 2005, 06, 07, 08; 800 in 2006, 07, 08; 1,600 M Medley Relay 06, 07, 08; 4x400 Relay 05)

10 – Isaiah Trousil, West Burlington/Notre Dame (2015-17)

(100 – 2015, 16, 17; 200 – 2015, 16, 17; 4x100 Relay – 2015, 16; 4x200 Relay – 2015, 16)

9 – James Harrington, Cedar Falls (2010-12)

(100 in 2011, 12; 200 in 2010, 11, 12; 400 in 2012; 4x100 Relay 2011, 2012; 4x200 Relay 2011)

9 – Clyde Duncan, Des Moines, North (1962-64)

(100, 220, 440 in 1962-63-64)

8 – Ryan Schweizer, Dowling Catholic, WDM (2014-16)

(800 – 2015, 16; 1,600 – 2015, 16; 3200 – 2015, 16; 1,600 M Medley Relay – 2015, 16)

8 – Conner Smock, Lisbon (2009-12)

(3,200 Meter Run, 2009, 10, 11, 12; 1,600 Meter Run 2009, 10, 12; 1,600 M Medley Relay 2012)

8 – Greg Offerman, Charles City (2002-05)

(400H in 2003, 04, 05; 200 meters in 2003, 04, 05; 400 meters 2005; 4x400 Relay 2005)

8 – Adam Haluska, Carroll (2000-2002)

(LJ in 2000; 100, 200, LJ in 2001; 100, 200, 400, LJ in 2002)

8 – LeRoy McCuen, Corning (1975-77)

(HJ in 1975; 120 HH, 180 LH, HJ, LJ in 1976; HH, LH, LJ in 1977)

8 – James Kirby, Des Moines, North (1965-67)

(100 – 1966, 1967; 220 in 1965, 66, 67; and 440 in 1966; 880-Yard Relay 1965; Mile Relay 1965)